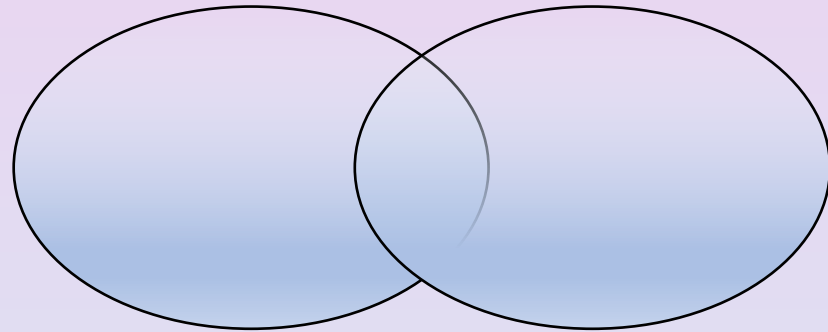


The Loops of Negativity



Failed Interaction or Experience

- An individual has a failed interaction or experience where they are:
 - Misconstrued
 - Embarrassed
 - Misunderstood
- Unable to explain themselves clearly (backtrack)
- This could be with an individual or group. Often, the group are like minded so all support one another and condemn the 'failed' party

Humiliation & Confusion

- Self doubt
- Internal or physical self punishment
- Not knowing where you went wrong
- Acknowledging the error but unable to rectify it
- Deep hurt and upset
- Wishing that the interaction had never happened – wondering how it could have been avoided

Reflect & Replay

- Questioning what happened, and why it happened
- Research – identifying patterns to avoid it happening again
- Obsessing:
 - Faces, words and body language
 - Your own words and interpersonal communication

Move On

- The individual seemingly moves on from the experience – but not completely
- It will have made an impact
- Individual knows it will rear its ugly head

Trigger

- Stream of consciousness
- Random thought
- Similar experience or interaction

Relive & Replay

- Revisiting the emotions again on repeat – feeling sick, tearful and alone
- Unintentional outcome
- Lack of control over how perceived - helplessness
- Unable to move past the experience without closure
- Closure is often impossible
- Insecurities heightened - suffocating
- Questioning: What do people think about me? How can I subvert this?
What do they tell other people?
- Feeling of injustice – people forming views about you through a third party

The Cycle Repeats

- Authenticity and sincerity questioned
- Replaying and reliving could happen many years after a failed interaction
- To mask or not to mask?

